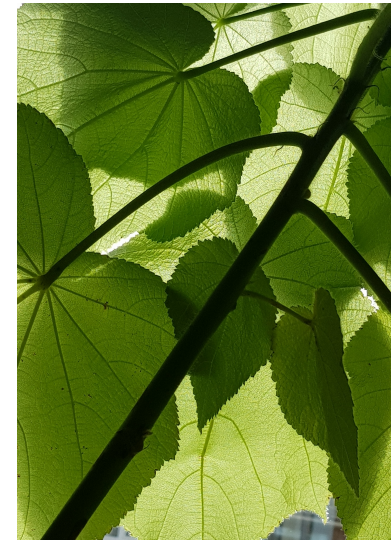




"A Spring Retreat in Shrewsbury!"

March 1st - March 2nd 2025



St Winefride's School
Shrewsbury
SY1 1TE

"From deep silence springs eternity"

This silent retreat will be led by: Janet Robbins. Janet is a senior WCCM leader and teacher. She is an experienced retreat leader and recognised internationally for her sensitivity, insight and deep understanding of the Christian meditation tradition.

The programme: This retreat is open to people of all ages and faith traditions and will be held over a full day on Saturday and a half day on Sunday, finishing at lunchtime. It will provide for beginners an introduction to the Christian meditation tradition as taught by John Main, as well as an opportunity for those more experienced to deepen their practice.

Most of the day will be conducted in silence with opportunities for personal reflection in the school grounds, the chapel of St Winefride's Convent and the Quarry Park and riverside walk. There will also be opportunities for personal spiritual direction in designated spaces and general questions and discussion at the end of each day.

A light lunch will be provided on each day with refreshments.

Costs

Adults £30 per person

Enquiries

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Registration

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The UK Community is registered as WCCM in the UK